



The Iguana



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Photo by Spc. Sarah Maxwell

Spc. Michele Engstrom, intelligence, gives Staff Sgt. Anthony Richter, MEDEL, an I.V. for the first time as part of

the Combat Lifesaver Course training Aug. 27 to 29 at MEDEL.

Combat Lifesaver Course prepares soldiers, airmen to save buddies lives

By Spc. Sarah Maxwell
Iguana Editor

Being able to help an injured buddy with First Aid may be one of the most valuable skills a servicemember can possess in a training or wartime environment.

Fourteen Joint Task Force-Bravo servicemembers recently expanded on that important knowledge by taking the Combat Lifesaver Course at the base's medical element.

Through the condensed three-day course, soldiers and one airman intensely reviewed basic life-saving skills like rescue breathing, evaluating a casualty, carrying a casualty to safety and replacing fluids.

"A combat lifesaver is a nonmedical soldier whose primary mission is combat and whose secondary mission is to provide enhanced first aid," said Sgt. Juan Maldonado, a flight medic who taught the Combat Lifesaver Course.

They are the first on the scene and will help the casualty until a medic can get to them.

Since servicemembers learn basic First Aid in training, the combat lifesaver is not only trained to do those tasks, but he's also trained to restore fluids using an I.V.

"It has historically been shown that most combat casualties have been lost because they bled out," said Maldonado. "They're a medical asset on the battlefield. Remember, they're a force multiplier. One medic isn't enough out there," he added.

There is usually one combat lifesaver for every eight to 10 soldiers.

Staff Sgt. Anthony Richter, dental hygienist, has been a combat lifesaver on and off for seven years. He has gone through the course four times and believes the combat lifesaver's job is very important.

"In a combat or field environment, especially with the downsizing of the Army, there's not always enough medics or at least not one within arms reach," he said.

That's what combat lifesavers are for, he added.

He has been in situations where doing his job as a combat lifesaver has made a difference in the health of soldiers.

"At Fort McClenan, Ala., in 1994 we were doing a field training exercise ... The temperature was really hot. The heat index was more than 100," he said.

"One of the trainees didn't drink the proper amount of fluids and got dehydrated. He got real faint, dizzy and stopped sweating. He was in heat exhaustion."

"After identifying the problem, we radioed for the medics, and I was told to administer the I.V. After that, the guy was stabilized within minutes. The medics came and took him for more care."

He said that being well trained in the first aid skills helped him perform his job.

"I don't think I would have been able to perform the task if I hadn't been exposed to the combat lifesaver training," he said. "It gives you confidence in real-world situations. I could possibly preserve the life or health of a fellow soldier."

Commanders Corner

JTF-Bravo CSM bids retirement farewell to task force

By Command Sgt. Maj. Herman Fisher
JTF-Bravo Command Sgt. Maj.

After almost twenty-seven years of service to the nation, the time has come for me to retire.

How do you capture the feelings of a lifetime in the time it takes for you to read this article?

Over a quarter of a century ago, a skinny, big-eared boy of 18 years and 1 month got off a train at Fort Dix, N.J., and began an incredible adventure. During my tour of duty, I have seen our Army grow and mature in ways that some of you couldn't begin to imagine. I was there back in 1975, when the Army's noncommissioned officer was looking for a new identity after the end of the Vietnam War.

Back then we were all looking to the future with hope and anticipation. I was there when you could have two beers with your lunch meal and then go back to work! I have seen the introduction of things like the LAVs, the BDUs, the Kevlar helmet, the three event Army Physical Fitness Test, Soldier's Check-To-Bank, the M240B MG and even the Land Warrior System. All of these things were unheard of in my time. The introduction of these items into the military's inventory has proven to be not only the smart thing to do, but they send a clear message to the rest of the world that our Army is, and will continue to be, a force to be reckoned with.

Now there were the usual "nay sayers" that didn't think we should change the established order of things. Many felt, "If it was good enough for my father's Army, it should be good enough

for mine!" Well, fortunately we have some of the smartest leaders the military has ever produced running our Army today.

Their vision of the future, and the role that our Army will play in that future, requires that we evolve into a force capable of responding to any kind of threat anywhere in the world. We must be able to engage the enemy wherever he may be and defeat him on the field of battle with superior technology, fire-power and force of will!

Yes, the Army has changed in the last 26-plus years, but these changes for the most part have been for the best (although I did like that six event APFT).

In recent months there has been a lot of attention and much debate over the black beret, the new Army slogan, and even soldier's pay.

As a professional soldier, this con-

cerns me.

One of the things that always defined the soldier was his ability to follow orders. A soldier doesn't get involved in public debates or opinion polls, and a professional soldier would never discuss the problems of the military with the media.

Part of the Oath of Enlistment states, "I will follow the lawful orders of those appointed over me ...!" That phrase doesn't say, "If I agree with the orders, or not if the majority disagrees."

It has been my experience that most people are opposed to change. The basis for their fears is usually due to a lack of information, a lack of understanding, or a combination of the two. Both can be corrected with education.

My advice is to have faith in your

See Fisher, Page 3

Chaplain's Corner

How do you determine a successful life?

By Chaplain (CPT) Earl Vanderhoff
JTF-Bravo Chaplain

"For the eyes of the LORD run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him." (2 Chronicles 16:9)

When is a person truly successful? When is a father or mother, a soldier or airmen truly successful? We all assess others and ourselves. But by what standard do we judge? Many committed people have set high goals for themselves to pursue success in their military career. For some this success had a high price of losing their family. When you have finished your military career, all you will take with you are your retirement papers and a box of your metals. But, your family will be with you to the end. How do we keep a balance in the priorities of our lives? We must see the absolute top priority in our lives to seek God and keep the spiritual disciplines if we are to enjoy success.

From 910 to 869 B.C. Asa was king of Judah. The kingdom of David's day had divided. Though both kingdoms shared in the Sinai covenant, bitter rivalry and war had developed between them. Only eight miles north of Jerusalem, Israel was fortifying the border town of Ramah. Their intentions were clear, demanding that Asa respond.

Judah's king moved quickly and decisively. Using personal funds previously designated for temple use, he hired Syrian support. The strategy succeeded. Syria pressured Israel, forcing them to consolidate their forces and withdraw from the Judean border.

The threat ended; the people rejoiced; and Asa's popularity and respect within the nation flourished. The king achieved his objective and delivered his people. Surely, all would regard Asa a success.

The lord was not deeply impressed. The end of

verse nine, "You have acted foolishly in this." This surprisingly harsh assessment of a successful operation forces us all to take sober account of our own lives and judgments.

Asa seems to have forgotten the manner in which his former brilliant victory had been obtained. Instead of relying wholly on Jehovah his God, he appears to have imagined that his former policy in regard to Syria had been a mistake. Like many who, on losing the first freshness of their faith, seek to combine trust in the Lord with what they regard as the most likely means of worldly success, Asa entered into a new alliance with Ben-Hadad, purchasing it with the silver and gold treasured up in the Temple and in the royal palace. God sends a prophet to remind him of the spirit that should have dominated his now coldly practical mind.

The Lord always takes the initiative and seeks for individuals. The living God monitors the state of everyone's heart. He knows even the motives. The goal of the Lord's search is that he may bestow goodness and blessing.

How many of you have been involved in church as you were growing up and now consistently find other priorities to do with your time?

God considers all hearts. But only a "complete" heart a heart "loyal" to him qualifies for his blessing. Scripture tells us that we have all sinned and fall short of the glory of God. He will cleanse you of the sin in your heart if you trust in the work of Christ. Ask God to give you faith and to change your heart. Make definite plans to attend chapel. Come; get involved in the Spiritual Fitness Duty Day with God on Sept. 21.

Matt 1:13 "Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. 1:14 Because narrow is the gate and difficult is the way which leads to life, and there are few who find it.

The Iguana

EDITORIAL STAFF

JTF-Bravo Commander
Col. Michael Okita

Public Affairs Director
1st Lt. Richard Komurek

Superintendent
Master Sgt. Jeff Bohn

Editor
Spc. Sarah Maxwell

Photo technician
Martin Chahin

E-mail: pao@jtfb-emh1.army.mil

Website: <http://www.southcom.mil/home/jtfbravo>

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Fisher

(Continued from Page 2)

leaders, stay in your lane, and put all your energy in improving the part of our Army that you affect.

There are some people that have gone too, or the old soldier's that I owe whatever measure of success I may have attained. If you would permit me, I would like to take a moment and thank them for their teachings, guidance, mentoring, support and love:

Drill Sgt. Blue — the meanest DS ever to darken a Fort Dix sky. He taught me how to be a member of a team and that there was a place for me in the Army.

Sgt. 1st Class Radisson — a platoon sergeant of mine back in 1976. He taught me how important it was to take care of soldiers and their families.

1st Sgt. Vereen, "The Plunger" was the first senior NCO I had ever met that didn't use profanity to express himself. I was so inspired by his example that after my tour with him, I too found alternative ways to convey my thoughts to others.

Command Sgt. Maj. J. Laye, mentor, advisor, and friend. For me, Laye embodies everything I thought a command sergeant major should be. Very intelligent, physically fit, and processing the people skills needed to converse with four stars and congressmen, or on his belly in the mud talking with a private with all of them receiving him as a soldier they could trust.

During the course of a soldier's life, we come into contact with a lot of people; friends are made; bonds are forged. However, due to the nature of what we do, it's only a blessed few that we are able to stay in contact with. The rest take their place in our hearts and we think of them now and again.

But I was blessed to marry my best friend. Phyllis has been the one true constant in my life. She is my friend, the love of my life, that voice in the back of my head telling me never give up.

She has been my voice of reason, and on more than

one occasion she has been a training air/demonstrator and captive audience as I prepped for blocks of instruction.

Through the rough times, she was there.

She promises she will continue to support me as I make this transition to "the outside world."

Finally, I give thanks to God. True story: When I was a 17-year-old boy, I asked God not to let my life be a boring life. I wanted something going on at all times.

Well as I look back over the years, I can truly say that this has been the best time of my life, although it has been filled with many interesting things and it has never been boring!

If you should ever have cause to remember Command Sgt. Maj. Herman C. Fisher, I hope these words will sum up who he was.

*I was that which others did not want to be.
I went where others feared to go, and did what others failed to do.*

I asked nothing from those who gave nothing and reluctantly accepted the thought of eternal loneliness ... should I fail.

I have seen the face of terror; felt the stinging cold of fear;

and enjoyed the sweet taste of a moment's love.

I have cried, pained and hoped ... but most of all,

I have lived times others would say were best forgotten.

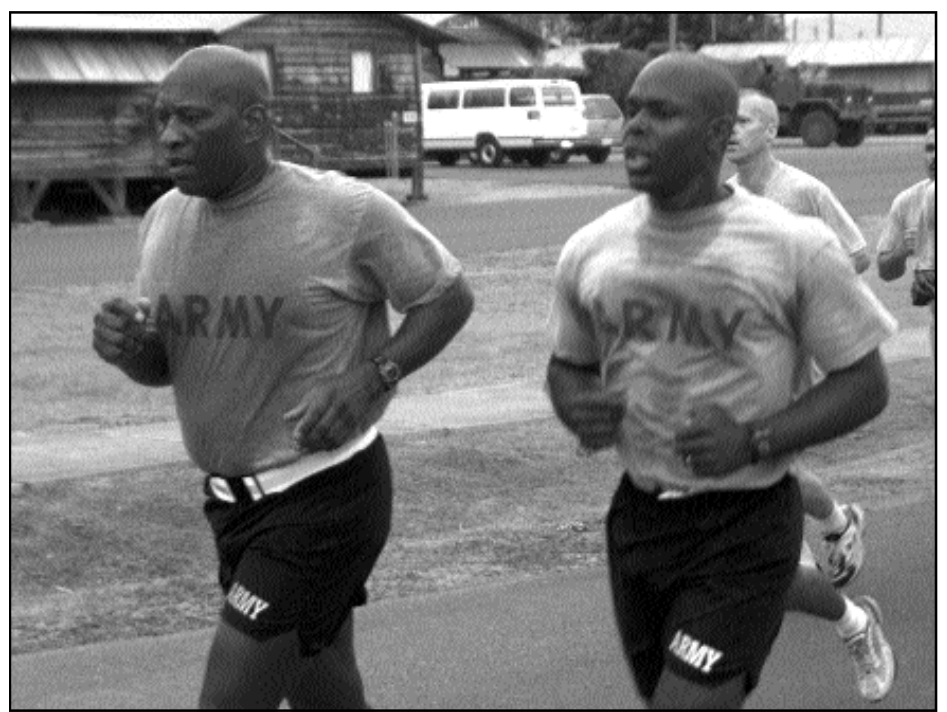


Photo by SPC Jeremy Heckler

Command Sgt. Maj. Herman Fisher leads a formation with the Forscom Command Sgt. Maj. last winter.

ten.

At least someday I will be able to say that I was proud of what I was ...

A Soldier.

It has been my humble honor to serve with the men and women of the United States Army, the members of Joint Task Force-Bravo, and most of all you.

God bless you all.

Rangers Lead The Way!

Herman C. Fisher
CSM, USA
Command Sergeant

Black Beret fielding carried into next year for soldiers waiting

WASHINGTON (Army News Service) - About 750,000 Army berets have already been delivered, but there are still troops at more than 17 active-duty installations waiting to don the new headgear.

In fact, U.S. Army Europe is scheduled to be the last active-duty command to receive them in March.

In May, the Army announced that not all soldiers would receive berets by June 14, the Army's birthday.

And, that those berets would be shipped to installations on a weekly basis through Oct. 29.

However, an updated fielding plan states that berets will be shipped monthly and initial fielding should end in April for the National Guard and Army Reserve.

Delays in the prior fielding plan was a result of one of the manufacturers temporarily shutting down and the Army's decision to set aside berets for sustainment purposes, said Jack Hooper, a Defense Logistics Agency spokesman.

Bancroft Cap, located in Cabot, Ark., had to shut down its production line during an investigation, when it was discovered that it was using materials from South Africa and Pakistan without getting an exemption to the Berry Amendment, Hooper said.

The Berry Amendment gives preference to American-based companies for U.S. government defense procurements, Hooper said.

Exemptions were granted to Bancroft because American companies could not produce sufficient quantities to meet supply timelines, he said.

"Bancroft, the only domestic producer, had to lay off personnel and permanently lost a substantial portion of its government beret workforce," Hooper said, "thus

affecting production levels the past several months."

Bancroft is now making the black berets again, and is also the producer of the Army's green, tan and maroon berets. It is working to establish a second textile factory shop, Hooper said.

The Army also decided to set aside a portion of berets to sustain soldiers who have already received their initial beret, Hooper said, rather than waiting until all Army personnel received their initial issue.

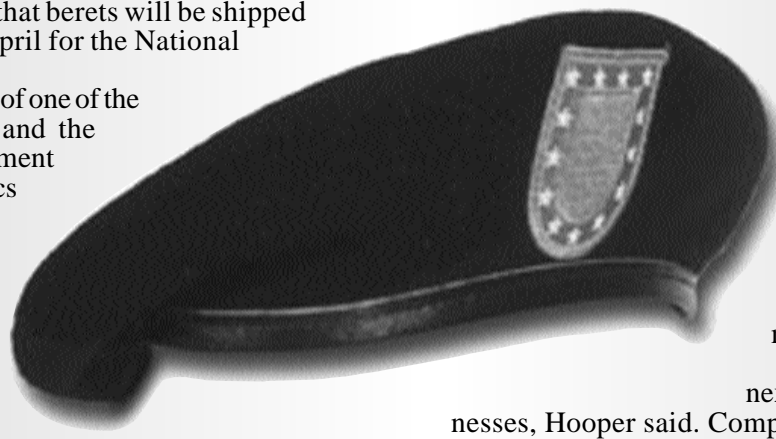
Dorothea Knitting Mills located in Toronto, Canada, is the only other company currently under contract to produce Army berets. The company is shipping its berets on schedule to DLA storage depots, according to DLA's Logistics Policy and Acquisition Management.

This month berets were shipped to Fort Sam Houston, Texas; Fort Lee, Va., and Fort Rucker, Ala. In September berets are scheduled to be shipped to Fort Huachuca, Ariz.; Fort Irwin, Calif.; Fort Jackson, S.C.; Fort Leavenworth, Kan.; Redstone Arsenal and Huntsville, Ala.; West Point, N.Y.; White Sands Missile Range, N.M., and the Military Entrance Processing Command, Ky.

To get 3.9 million Army berets delivered during the next two years, DLA has solicited American small businesses, Hooper said. Companies have until Oct. 9 to apply for the contract, he added.

"We are actively encouraging American manufacturers to invest in the machinery necessary to produce the berets," Hooper said. "The plan was always to get American companies to produce the berets for sustainment purposes, after the initial issue."

By Staff Sgt. Marcia Triggs (ARNEWS)



HURRICANE ALERT: SE

By Master Sgt. Jeff Bohn
Public Affairs

In the Atlantic Basin they are called hurricanes, a term that echoes colonial Spanish and Caribbean Indian words for evil spirits and big winds. These awesome storms have been a deadly problem for residents and sailors ever since the early days of colonization.

In recent memory, names like Hugo, Mitch, Andrew, and Bonnie have brought pain and fear into our living rooms as we watched the wrath on nightly television. For those that have a few more years on earth, Camile, Opal, Gilbert, Fran and Donna may bring back more destructive memories.

Regardless of the era, one fact remains — hurricanes are a part of life in the Caribbean and southeastern United States.

The more we understand, the better we can react to this natural phenomena that happens each year.

Hurricanes are formed in the Atlantic region in essentially the same way. A combination of the earth's rotation and evaporation of warm ocean water of more than 80 degrees, the correct prevailing winds and a higher than normal atmospheric pressure are the key ingredients needed to form a tropical depression that can spawn a hurricane.

Once the counter-clockwise spin begins an inward spiral, the storms intensity feeds itself as it grows in magnitude.

June through October are the primary months for this recipe with storms forming off the Africa coast and moving across the Atlantic, or a home-brewed storm that can start locally in the Caribbean.

The primary hazards of a hurricane are four-fold:

- Winds that blow more than 74-mph sustained are hurricane-force winds
- Storm surges, the most dangerous part, are domes of seawater ranging up to 100 miles wide and 25 feet high when they hit landfall and cause major coastal flooding and structural damage
- Heavy rains and floods, which can dump inches of water per hour, often many miles inland
- Tornadoes can be spawned by hurricanes adding intense destruction along their path

The average number of tropical storms developing in the Atlantic is 10. Of these, six may become hurricanes and only half will hit landfall in the United States or Caribbean.

Historical data over the past century indicates 64 major and 94 minor hurricanes impacting landfall.

The major hurricanes of category 4 or

5 have a seasonal pattern. More than half are September storms.

Categorizing Hurricanes

The Saffir-Simpson Hurricane Scale defines a category 1 to 5 rating based on the hurricane's present intensity.

This is used to give an estimate of the potential property damage and flooding expected along the coast from a hurricane landfall.

Wind speed is the determining factor in the scale, as storm surge values are highly dependent on the slope of the continental shelf in the landfall region.

Category One Hurricane:

- Winds 74 to 95 mph
- Storm surge generally 4 to 5 feet above normal
- No real damage to building structures
- Hurricanes Allison of 1995 and Danny of 1997

Category Two Hurricane:

- Winds 96 to 110 mph
- Storm surge generally 6 to 8 feet above normal
- Minor building damage
- Hurricanes Bonnie and George of 1998

Category Three Hurricane:

- Winds 111 to 130 mph
- Storm surge generally 9 to 12 feet above normal

- Moderate building damage
- Hurricanes Roxanne of 1995 and Fran of 1996

Category Four Hurricane:

- Winds 131 to 155 mph
- Storm surge generally 13 to 18 feet above normal
- Extensive roof, window damage
- Hurricane Luis, Felix and Opal of 1995

Category Five Hurricane:

- Winds greater than 155 mph
- Storm surge generally greater than 18 feet above normal
- Complete roof failure on many residences and industrial buildings.
- Hurricanes Mitch of 1998 and Gilbert 1988

Landfall Hurricanes 1900 to 1996

| | |
|------------|----|
| Category 5 | 2 |
| Category 4 | 15 |
| Category 3 | 47 |
| Category 2 | 37 |
| Category 1 | 57 |

Naming Storms

Tropical storms have been named since 1953 when the National Hurricane Center developed lists of women's names for storm tracking.

Experience showed the use of short, distinctive given names in written as well as spoken communications was

quicker and less subject to error than the older more cumbersome latitude-longitude identification methods.

These advantages are especially important in exchanging detailed storm information between hundreds of widely scattered stations, coastal bases and ships at sea.

In 1979 the lists were modified somewhat by integrating men's names and creating six permanent lists that are rotated each year so a hurricane named in 2001 could be named again in 2007. The storms are named sequentially off the alphabetical list — there are no names for Q, U, X, Y, Z — sorry Quinton and Yolanda, there aren't any hurricanes named for either of you.

The only time there is a change in the list is if a storm is so deadly or costly that the future use of its name on a different storm would be inappropriate for reasons of sensitivity.

Several names have been retired in recent years.

Andrew 1992: Bahamas, South Florida, Louisiana, 26 reported dead

Diana 1990: Mexico, 96 recorded deaths

Hugo 1989: Antilles, South Carolina 105 dead

Mitch 1998: Central America, Nicaragua, Honduras, 9000 plus dead. Today, hurricane damage costs billions of dollars. During this century 23 hurricanes have each caused damage in excess of \$1 billion.



A Honduran town is completely flooded from Hurricane Mitch's 35 inches of rainfall it downed during the week it moved over the country. The flash floods and

mudslides which resulted from the about 70,000 people homeless.

T. MOST DEADLY MONTH

Here is a list of the most recent tropical storms to plague the areas of the Atlantic, Caribbean and Gulf of Mexico:

Allison, June 2001: She produced 30 to 40 inches of rainfall in portions of central Texas and Louisiana, causing severe flooding, then moved slowly northward; fatalities and significant damage reported in Texas, Louisiana, Mississippi, Florida, Virginia, and Pennsylvania; estimates are approximately \$5 billion in damage; 41 deaths.

Barry, August 2001: He looked to take its way up to Louisiana, but made a sharp northeast turn and sliced through the Florida panhandle and Southern Alabama.

The 70 mph winds were quickly reduced overnight and brought a great deal of rain into that region.

Chantal, August 2001: She made her way along the southern Caribbean and came right over the top of Mexico's Yucatan Peninsula. She threatened three times to break 70-mph sustained winds, but never achieved hurricane status.

Dean, August 2001: He originated in the outer Caribbean rim and then moved sharply northward increasing winds to 70 mph, not quite achieving hurricane status. The cool North Atlantic water made this storm fizzle out.

Erin, September 2001: She is following the same storm path as Dean and finally started on. It remains to be seen whether Erin will turn to a hurricane or continue to the Carolinas or fizzle as an aid.

Remembering Mitch

Mitch was responsible for more than 9,000 deaths predominately from rain-induced flooding in portions of Central America, mainly in Honduras and Nicaragua.

Only three other storms rank higher for fatalities: the 1780 "Great Hurricane" in the Lesser Antilles, the Galveston hurricane of 1900, and Hurricane Fifi of 1974, which primarily affected Honduras.

An estimated maximum sustained wind speed of 178 mph over the western Caribbean made Mitch the strongest October hurricane since first recordings in 1886.

The origins of Mitch can be traced back to a tropical mass that moved across the southern portion of west Africa on Oct. 8.

The wave progressed across the tropical Atlantic until the system became a tropical depression Oct. 22, about 360 miles south of Kingston, Jamaica.

Mitch became a hurricane Oct. 26 — 18 days after it started.

Mitch began to gradually weaken as it turned southwestward toward the Bay Islands off the coast of Honduras. The center passed very near the island of Guanaja as a Category 4 hurricane. Mitch slowly weakened as its circulation interacted with the landmass of Honduras.

After making landfall, Mitch moved slowly over Honduras, weakening to a tropical depression by Oct. 31.

The overall motion was slow, less than 3 mph, for a week. This resulted in a tremendous amount of rainfall, estimated up to 35 inches.

The rainfall resulted in flash floods and mudslides that killed thousands of people.

The large east-west mountain range, with peaks approaching 10,000 feet, likely contributed to the large rainfall totals.

Rainfall observations recorded a maximum of 35.89 inches from Choluteca, Honduras.

In addition, another 9,191 persons were listed as missing.

The exact death toll will probably never be known.

It has been estimated that there was a 50-percent loss of Honduran agricultural crops. At least 70,000 houses were damaged and more than 92 bridges were damaged or destroyed.

There was severe damage to the infrastructure of Honduras and entire communities were isolated from outside assistance.

To a lesser extent, damage was similar in Nicaragua, where a large mudslide inundated 10 communities situated at the



Joint Task Force-Bravo relief efforts in the aftermath of Hurricane Mitch delivered hundreds of thousands of pounds of food, medicine, supplies and water. The task force also rescued more than 1,000 people.

base of the La Casitas Volcano.

Guatemala and El Salvador also suffered from flash floods, which destroyed thousands of homes, along with bridges and roads.

Jumping into action, Joint Task Force-Bravo was activated to help Honduras.

According to the operations section, the task force flew 224 air missions totaling: 1,031 people rescued, 699 people treated, 440,000 pounds of food distributed along with 315,800 pounds of supplies.

There were 57,000 pounds of medicine and 12,500 gallons of water also supplied.

JTF-Bravo also supported Nicaragua with 31 people rescued, more than 20 tons of food and supplies distributed in 23 helicopter missions.

Death estimates associated with Hurricane Mitch are based on fact sheets from the U.S. Agency for International Development.

| | |
|---------------|-------|
| Honduras | 5,677 |
| Nicaragua | 2,863 |
| Guatemala | 258 |
| El Salvador | 239 |
| Mexico | 9 |
| Costa Rica | 7 |
| United States | 2 |
| Offshore | 31 |
| Storm Total | 9,086 |

Hurricane Precautions

While the odds of hurricane force winds are not the primary concern at Soto Cano, the base could still experience

much rain and enough wind to cause havoc as Hurricane Mitch displayed.

Here are some basic precautions that the Federal Emergency Management Agency recommends that could apply here:

- Keep your emergency plan simple and available to execute
- Establish a communication plan for your work area, protecting computers, essential supplies, and equipment susceptible to water damage should be first priority
- Keep a battery powered radio and flashlight with spare batteries available
- Establish a working plan so your troops know how to stay in touch; the phones may be down so keep a copy of the unit recall roster and know where your people live
- Let folks on the outside know of your situation, no phone during the emergency can frighten family members if they aren't warned in advance
- Ensure you have some drinking water and some extra food in your hooch
- Pack a small kit of clothing and essentials if you have to relocate from your hooch
- Have some cash on hand in the event the ATMs or credit system goes down
- Protect any home valuables in the event of roof damage or the floor floods
- Know that the biggest hazard at Soto Cano will probably be low-level flooding and standing water complicated by utility outages

(Information taken from the National Oceanic and Atmospheric Administration website at www.NOAA.gov)



Look more than 9,000 lives and left

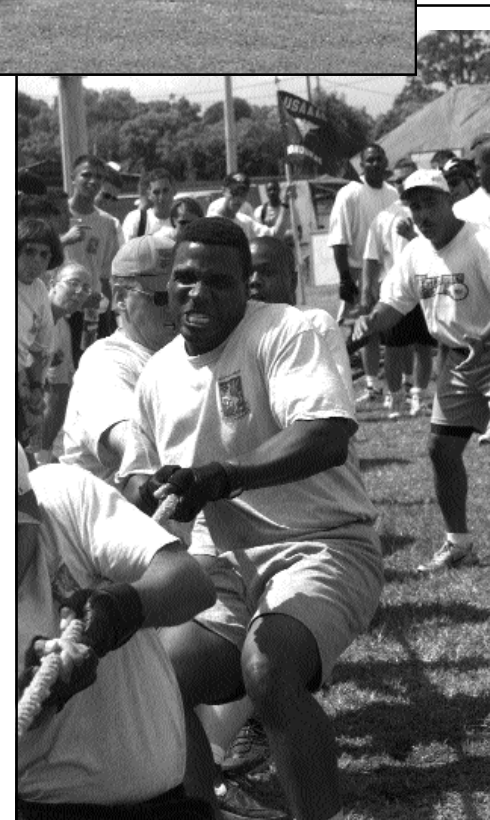
ORG DAY

Bringing out the competitive spirit in all the units, the Soto Cano Organizational Day tested strength, speed and endurance. Events ranged from the unbalancing dizzy bat race to the powerful strong man and woman competition.

Teams and individuals competed in about 20 events. Points were given according to what place the team came in at the end of the event. 1st Battalion, 228th Aviation Regiment edged ARFOR by two points to come in 1st Place.

End of the day scores:

| | | |
|-----------|---------|-----------|
| 1st Place | 1-228th | 53 points |
| 2nd Place | ARFOR | 51 points |
| 3rd Place | AFFOR | 48 points |
| 4th Place | MEDEL | 35 |



Sept. MWR Trips

Certification in Utila

Sept. 14-17, 21-24, 28-Oct. 1

MWR hosts diving trips to Utila and the Bay Islands for those who want to dive, snorkel or complete or continue dive certification at the Bay Islands College of Diving. Lodging ranges from \$18 to \$45 per night with single and double occupancy. The open water certification course, which begins with academic training at Soto Cano, costs \$150. Airfare from Tegucigalpa to Utila is \$123 per person.

Roatan Island

Sept. 14-17, 21-24, 28-Oct. 1

MWR offers hotel packages ranging from \$50 to \$60 a night to some of the most unspoiled beaches in the Caribbean.

The Pura Vida Hotel is \$50 a night and has air-conditioned rooms, a restaurant and is near nightlife. The Seabreeze Inn is also within walking distance to restaurants and nightlife as well. Diving packages are offered starting at \$209 for three dives a day and three nights in the hotel. Without the package, snorkeling is available with rooms are \$60 a night. For a more secluded getaway, the Seagrape Plantation is the set off by itself with individual cabins in front of the beach. It is \$50 each night. Airfare from Tegucigalpa to Roatan is \$123 per person.

Valley of the Angels

Sept. 8, 16, 22, 30

MWR sponsors a variety of shopping trips to various locations and provides the transportation. Trips depart the contracting parking lot at 8 a.m., returning at 5 p.m.

Copan Ruins

Sept. 14-16, 28-30

The Copan Ruins have been the major source of information about the ancient Mayan civilization. Lodging ranges from \$35 to \$60 per night with single and double occupancy available. Prices do not include taxes, tips or incidentals.

Lake Yojoa/Waterfalls

Sept. 8, 9, 15, 16, 22, 23, 29, 30

Enjoy a day or weekend riding a boat around Lake Yojoa or visiting the waterfalls. MWR owns the boats. Servicemembers need to pay for boat fuel. Overnight lodging packages starting at 350 lempiras per person per night are available through the tours and travel office.

San Pedro Sula

Sept. 14-16, 28-30

San Pedro Sula, the industrial city within Honduras, has five-star Honduran hotels and nice shopping centers. Hotel rooms range from \$60 to \$90 per night per room and meals are not included.

Cigar Factory Tour

Sept. 7

In Honduras, a large amount of the tobacco produced in the country is exported; the rest is used here in Honduras for the fabrication of cigarettes and cigars. Visiting the Danli cigar factory gives you a chance to view the process first hand and also purchase the freshly made product.

Tela Beach

Sept. 21-23, 28-30

Enjoy the beautiful Caribbean beach with a choice of five hotels. Telamar Hotel, Sherwood, Cesar Mariscos, Lancetilla Botanical Garden and Punta Izopo National Park. All hotels are located on the beach and range from \$35 to \$50 a night.

Guanaja

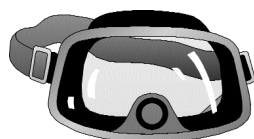
Sept. 15-17

Kayak, dive, snorkel or just relax on the second largest of the Bay Islands. Weekend packages are \$75 per person, per night including meals. Airfare is \$135.

For more information, call MWR at ext. 4268/4458 or stop by the office in the recreation center.

Basic Scuba Diving Training

Are you interested in being scuba certified? Don't wait until the last minute. Come to the MWR tours and travel office to sign up and for details. Classes will be offered on base Sept. 7 to 9.



Rescue Open Water Course

This is your opportunity to begin your Rescue Diving Certification. Students must be current with MF or CPR and must be certified at the Advanced Open Water level. Classes begin on base Sept. 7 to 9.

Advance Scuba Div- ing Course

Take advantage of the chance to advance your scuba expertise. Classes are scheduled to be held at the base swimming pool Sept. 7 to 9. Slots are limited, so sign up at the MWR tours and travel office as soon as possible.

Hiking in Comayagua

MWR is offering hiking in the Comayagua area. Trips will depart from the contracting parking lot Sundays at 7 a.m. This is another option to get away on weekends at no cost.

Herbert Gaekel, your hiking guide, is from the area where you will be hiking. Gaekel grew up in the area and is very familiar with the plants and animals there. Let him know what type of hiking trip your group would like and he will tailor the trip to fit your desires and skill level.

Here are a few tips to make your trip even more enjoyable.

- ◆ Wear comfortable footwear and thick socks.
- ◆ Loose-fitting, comfortable clothes because they're cooler than tight clothes.
- ◆ Bring a swimsuit or clothes you don't mind getting wet, as there are streams and pools along the trail where you can cool off.
- ◆ Carry enough water.
- ◆ Take along sunscreen.
- ◆ Bring insect repellent.
- ◆ Wear a hat with a brim or bill.
- ◆ Bring something to eat. Snacks such as power bars or candy.
- ◆ Bring a camera.

BRIEFS

Off-limits Area Update

All JTF-Bravo personnel are advised to frequently check the Intranet for the latest on and off limits information. Recent changes include the following for the Tegucigalpa area: Central Tegucigalpa (the area around the National Congress and Parque Central) is on limits. Comayagüela, including the bus stop is off limits. JTF-Bravo personnel riding the "chicken bus" must use the El Carrizal bus stop, not the bus stop in Comayagüela. JTF-Bravo personnel may visit government offices in Comayagüela for official business.

Honduran Spouses

The Soto Cano Base Chapel is sponsoring a family support group for Honduran spouses. Meetings are held twice a week and give the spouses a chance to learn more about the culture they'll be moving in to. They'll also learn about things like military benefits and English along with getting a chance to socialize with others in the same situation. Meetings are:

Monday 8:30 to 9:45 a.m.

Thursday 3 to 4:30 p.m.

Military members are encouraged to join their spouses.

Lake Yojoa Advisory

MWR and JTF-Bravo Public Health do not recommend that people swim in the lake or drink the water due to pollution concerns. It is also not recommended that people who fish at the lake eat the fish they catch. However, fish served at Chalet del Lago (at the MWR Marina) is OK to consume because the restaurant buys African Tulabe from a source in Copan. In fact, many of the restaurants at the lake do not serve lake bass because of inconsistent quality and size.

Force Protection

Don't become a victim of crime! Help protect yourself, your property and JTF-Bravo resources by reading the Force Protection Update every week. Be informed about the facts regarding force protection threats directly affecting JTF-Bravo personnel.

Base Passes

Personnel need to plan ahead to avoid a last minute rush with guest passes. The Joint Security Force's Liaison Section cannot guarantee timely pass approval when received later than five days in advance. Emergency or mission related requests will be handled on a case by case basis by the LNO on call. For more information call ext. 4116.

MWR Trivia Contest

ENTRY RULES:

- Only active duty military are eligible to participate.
- Only one entry per person per contest.
- Completed entries may be given to the MWR Manager, H-401, Monday to Friday 9 a.m. to 4 p.m. or e-mail to Robin R. Gonzalez
- Entries must be received by: Thursday September 13.
- Completed entries will be verified for accuracy by an independent judging panel (PAO, MWR and one volunteer).
- If none of the entries are completed, then entries with the most correct answers will be judged.
- Decisions of the judges are final.
- Completed and correct entries will be maintained in the MWR safe until the Commander's Radio Talk Show
- A disinterested individual will draw two correct entries and announce the winners.
- Prizes will be awarded the two winners and may be picked up at the MWR Manager's office.

TRIVIA QUESTIONS (answers may be found in the library):

What year was the first official Olympic basketball tournament held:

Who was the first basketball guard to score 1,000 field goals in a season:

What year did the US lose Olympic gold at basketball to Russia:

What year did the Chinese women defeat the American women at Olympic volleyball:

What year and in what city were the Baltimore Orioles founded:

Name the first father and son combination to play in the same major league lineup:

What year was volleyball first played in the Olympics and who won the gold:

Who was the first Laker player ever to lead the league in free-throw percentages:

Who is allegedly credited with inventing baseball:

Name 3 NBA teams founded before 1950:

NAME: _____ UNIT _____

DUTY PHONE _____

VERIFIED BY: _____

DATE: _____

Net threatens U.S. military info

WASHINGTON (AFPN) — The four-star general whose organization is responsible for Department of Defense computer security says the "cyber" threat against U.S. military information systems is real.

"My view is that as we look at our computer systems, we'd be kidding ourselves if we thought they weren't vulnerable," said Air Force Gen. Ralph E. Eberhart, U.S. Space Command commander.

Eberhart's command assumed responsibility for computer network defense in 1999, he said. The following year, it picked up the mission of computer network attack.

Today's threats against DOD — and private-sector — computer systems run the spectrum from the curious, bored high school or college student to state-sponsored 'cyber' war or computer network attack, he said.

DOD computer security experts "look at the (threat) capabilities that we know are out there," Eberhart said. "We're never quite clear what the intent is."

For example, he cited the difficulty in determining "whether this is a virus, whether this is a prank, whether this is sort of an innocuous probe or whether this is really somebody trying to destroy our network, deny us information, or worse yet, give us the wrong information."

Eberhart rated today's level of threat against DOD computer systems as "medium."

He noted that DOD and private-sector security specialists are also concerned and vigilant about "insider" threats to computer information systems.

Such threats can range from espionage by agents working for foreign governments or rival corporations to acts by disgruntled employees.

(Story by Gerry Gilmore (AFPN))

Soldiers required to have AKO account by Oct. 1

WASHINGTON (Army News Service) — Every soldier, reservist and Army civilian will be required to have an Army Knowledge Online account by Oct. 1.

This requirement was spelled out in a memorandum signed Aug. 8 by Secretary of the Army Thomas E. White and Army Chief of Staff Gen. Eric K. Shinseki. The memo outlines the goals and direction for Army Knowledge Management, a strategy to transform the Army into a "network-centric, knowledge-based force." The Army Knowledge Online portal is a central part of that strategy.

"Army Knowledge Management will allow the Army to leverage its knowledge as an enterprise," said Lt. Col(P). Jane F. Maliszewski, director of Strategic Outreach, Army Chief Information Office. "Army Knowledge Management facilitates the move to an e-Business environment by harnessing best practices that will improve the efficiency and effectiveness of our management and operations."

All Army Knowledge Online users will also be given an e-mail account that they can use for the rest of their career

and even after retirement. Army Knowledge Online provides secured access for users, by using encryption mechanisms similar to those used in banks and investment corporations, said the chief of Army Knowledge Online, Lt. Col. Rod Wade.

"Army Knowledge Online will allow the Army to tailor information to specific groups. If they need to get information out to a certain grade or branch of employees, they can target that group and tailor the information. This allows the Army to operate more efficiently," Wade said.

"Army Knowledge Management will effect a faster more accurate decision cycle for the Army," Maliszewski said, "through greater access to proven information. Eventually, it will provide online employee support services for all soldiers and civilians, as well as a robust knowledge base to enhance our warfighting capabilities."

To sign up for an Army Knowledge Online account go to: www.us.army.mil and click on "I'm a New User" to register.

(Story by Diane Grant (ARNEWS))